

**PANAMA CENTRAL SCHOOL**  
**41 NORTH STREET**  
**PANAMA, N.Y.**  
**Phone 782-2455**



**2023-2024**  
**ATHLETIC CODE OF ETHICS**

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**Panama Central School Website-**[\*\*www.pancent.org\*\*](http://www.pancent.org)

## **PANAMA CENTRAL SCHOOL ATHLETIC GUIDE AND CODE OF ETHICS**

### **I. Purpose/Philosophy**

This guide is to inform students and parents of the goals and requirements to participate in the Panama Central School interscholastic athletic program. It is a privilege to participate in the Panama Central School athletic program. These activities are important components of our total educational program. Successful participation in activities outside of the regular school day requires an extra measure of time, energy and commitment on the part of the student and his/her parents.

Students must demonstrate appropriate maturity in terms of being in control of themselves at all times. As role models, and as representatives of our school community, sport participants have an extra level of responsibility. We urge parents and students to seriously discuss the impact of the extra time and energy required to participate in sports activities and the very strict eligibility rules a student must follow to remain qualified for these activities. Coaching staff is responsible for making decisions that benefit the team as a whole.

We are interested in developing physical fitness, good health, sportsmanship, pride, athletic skills, a keen sense of competition, and a feeling of responsibility to teammates and to the school. Our program will follow the ten cardinal athletic principles of the N.Y.S.P.H.S.A.A. Handbook. These principles are as follows:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school official, fan, community, state or nation.

### **II. Parent/Student Responsibilities**

Student must:

- Submit a signed Athletic Code of Ethics Contract.
- Abide by all training and participation rules.
- Conduct himself/herself appropriately in all activities involved with this sport.
- Comply with all school regulations, including the District Code of Conduct. Failure to do so may result in removal from the team.
- Have a sports physical prior to practice or participation. If the school physician does not do this, the cost will be borne by the student's family and the physical is subject to review by the school physician.

If a student is injured and needs medical attention, parents will be notified and are responsible for seeking medical treatment. It is the responsibility of parents to provide students with adequate insurance for accidents and injuries in any school activity. The school district carries liability insurance, which covers negligence on the part of the school district.

In addition to the liability insurance, Panama Central School also carries a limited student accident policy through *Pupil Benefits Plan, Inc.* This is a non-duplicating, scheduled insurance which means it pays a specified amount only after all claims have first been submitted to the family's insurance company.

It is important that any accident or injury be reported immediately to the school nurse. At that time, parents will be given the necessary forms to be completed. It is the responsibility of parents to complete and submit these forms to the student accident insurance carrier for any claims above and beyond those paid by the family's insurance carrier. THERE IS NO INSURANCE COVERAGE IF AN ACCIDENT IS NOT REPORTED TO THE SCHOOL NURSE WITHIN THIRTY (30) DAYS OF ITS OCCURRENCE.

If you have any questions concerning insurance, please contact the Business Office.

### **III. Eligibility**

A. Panama Central School is a member of the New York State Public High School Athletic Association, Inc. and is subject to its rules. Those rules state that a student shall be eligible for interschool competition:

1. If he/she is a registered student in grades 9, 10, 11, and 12 until his/her 19th birthday. If the age of nineteen years is reached on or after September 1, the student may continue to participate during that school year in all sports.
2. If the parent(s) or guardian(s) and the school doctor have approved participation.
3. If the student enrolled during the first fifteen (15) days of the semester.
4. Two weeks after transferring from another school.
5. For eight consecutive semesters beginning with the semester in which the student enters Grade 9 or is in Selection/Classification program.
6. For only four seasons in any one sport or is in Selection/Classification Program.
7. If the student has undivided loyalty to the district (i.e. if you participate only in inter school competition during the season in that sport).
8. If the student is an amateur having never used athletic skill for gain and if the student has never competed under an assumed name.

B. Panama Central School athletes must meet these requirements:

1. A student's parent/guardian is required to attend a meeting to review the Athletic Code prior to participation in his/her first interscholastic sports season. After the initial season however, parents and students may attend the Athletic Code meeting at their discretion. Parents/guardians are required to sign the Athletic Pledge prior to student's participation during each academic year.
2. School doctor approval (passing of a physical exam).
3. Report any injury or illness to the coach immediately.
4. Report for practices and games as directed by the coach.
5. Are expected to travel to and from scheduled events with the team. Exceptions may be granted on an individual basis after discussion with the coach about procedure.
6. Will wear presentable attire for all away contests. The coach has the right to refuse passage to any athletes not so dressed.
7. Students must meet academic eligibility. The policy states:
  - a. Students who are failing 2 or more classes at the 5 week reporting period will be ineligible to participate in athletic contests. Grades will be reviewed at the next 5-week period for a student athlete to be reinstated. The student and parent will be afforded a conference to review/discuss the athlete's eligibility. The principal

will make a final decision at that time. It is the responsibility of the students to check with their respective teachers to find out their class averages.

8. Failing to turn in or pay for all issued equipment from a previous sports season will prevent further participation until that obligation is satisfied.
9. In-school or out-of-school suspension results in nonparticipation in practices or games until readmitted to regular classes.
10. Absence from school due to injury or illness for five (5) or more consecutive days requires a doctor's approval before returning.
11. A student-athlete must be in school by 11:00 A.M. for participation in either practice sessions or interscholastic competitions. Only the principal can grant exceptions to this rule (i.e. dental appointment).
12. A student athlete must get the necessary sleep required as an important part of training. It is also evident that many unfavorable incidents and serious rule infractions occur late at night. Therefore, the coaching staff HIGHLY RECOMMENDS the following hours for athletes:
  - a. Home by 10:00 p.m. on school nights.
  - b. Home by 12:00 midnight on Fridays and Saturdays (exceptions made for special occasions.)

#### **IV. Use/Possession of Alcohol, Tobacco, E-Cigarettes, Inhalants, and Controlled Substances**

The use or possession of alcohol, tobacco products, e-cigarettes, inhalants, marijuana, hallucinogens, controlled substances or prescription medication prescribed for others are prohibited.

Athletes, who remain in the presence of a non-parent/guardian, who are in possession or under the influence of alcohol, inhalants, marijuana, hallucinogens, controlled substances or prescription medication prescribed for others are in violation of Section IV.

Students who appear on the Internet in the presence of alcohol, tobacco, inhalants, marijuana, hallucinogens, controlled substances or prescription medication not prescribed to them will be in violation of Section IV of the Code of Ethics.

Students who violate this section of the Code of Ethics may be subject to suspension from the athletic program as well as suspension from school. This determination will be made on a case-by-case basis. The Panama Central School Code of Conduct will be followed in all situations.

Students who participate in any school-sponsored sport should realize that they have an obligation to themselves, their co-participants, and the school community to strive for excellence. It is hoped that participation in our programs will enable these students to value their learning experiences, to instill self discipline and self-control, and to exercise mature behavior and judgment.

Participation in many of these activities also demands a commitment that definitely involves sacrifice and dedication. Respect for one's health and physical development must be an integral part of daily living.

Significant findings in health research have clearly indicated the harmful effects of using tobacco, alcohol, inhalants, marijuana, hallucinogens and other controlled substances. The Panama School community endorses these findings.

A. Violation of Section IV of the Code of Ethics will result in penalties as indicated below:

1. First offense: Suspension from competition equal to 25% of the regularly scheduled contests. The following will represent 25% of regularly scheduled contests for each sport:

<b>Scheduled Contests</b>	<b>25% Suspensions</b>
24	6
23	6
22	5.5
21	5
20	5
19	5
18	4.5
17	4
16	4
15	4
14	3.5
13	3
12	3
11	3
10	2.5
9	2
8 or less	2

2. Second offense during the same school year: Suspension from all athletic participation for one (1) calendar year from the date of the offense.

**B. Whenever an athlete is suspended under Section IV of the Code of Ethics:**

1. The student is referred to the appropriate Child Study Team (CST) for intervention. The student and parent/guardian must agree to follow the recommendations of the Child Study Team for re-entry into the sports program.
2. The return of the student-athlete to the sports program must be approved by the Principal.
3. The student and parent/guardian must resign the athletic code pledge before reinstatement is completed.

**C. Self-referral for violations of Section IV of the Code of Ethics:**

1. If a student athlete admits to use of alcohol, tobacco, inhalants, marijuana, hallucinogens, or controlled substances and seeks assistance, the coach and/or AD will follow the Panama Alcohol/Drug Abuse procedures as stated in the District Code of Conduct for all students.

## **V. Citizenship**

Every participant must be a good community and school citizen. Participants who violate civil or criminal law or the Code of Conduct for Panama Central School, will be subject to consequences.

## **VI. Behavior**

Student's behavior has a direct affect on others and is a reflection on the team, the school, their parents, and the community. Students enter the athletic program with knowledge of acceptable behavior. Students should support each other in developing appropriate citizenship and behavior. The display of inappropriate behavior on or off school property may result in disciplinary action. This includes pictures, videos, and comments on the internet.

The PCS Code of Conduct will be applied in all instances. Consequences for stealing, vandalism, disrespect and other misconduct will result in consequences up to and including suspension from the athletic program and/or suspension from school. Student's behavior has a direct affect on others and is a reflection on the team, the school, their parents, and the community. Students enter the athletic program with knowledge of acceptable behavior. Students should support each other in developing appropriate citizenship and behavior.

Coaches have the authority to discipline an athlete for incidents related to training and participation not covered specifically in the Code of Ethics. This discipline (benching, short-term suspension, etc.) is not to be taken lightly by either coach or athlete. Our philosophy is that athletics are an integral part of the total education program and every effort will be made to make each situation a learning experience.

**The Panama Athletic Code of Ethics is in effect during each sport season – 24 hours per day and seven days a week, on and off school property.**

## **VII. Reporting of Violations**

Reports of alleged violations by an athlete will be investigated by the Principal and discussed with the coach and student athlete. The witness will be asked to submit a written description of the alleged incident for review by the Principal.

## **VIII. Investigating Procedures**

The Principal will thoroughly investigate alleged violations in a timely manner. Upon completion of the investigation, the Principal will report his findings to the student, parent/guardian, coach, athletic director and superintendent. This report will also contain the action to be taken by the district. This notice will inform parents of their due process rights.

## **IX. Athletic Due Process**

The student and/or parent/guardian have the right to appeal any determination made by the designated principal regarding Sections IV, V, or VI of the Code to an Athletic Review Board. Such an appeal must be in writing to the Athletic Director within three (3) school days of the suspension or dismissal. The appeal must state the reasons for the appeal.

Athletes who decide to appeal can continue to practice, but are **ineligible** to participate in any games during the time period that the appeals process takes place.

The Athletic Review Board consists of a school administrator not previously involved in the investigation, the athlete's guidance counselor and two (2) faculty member/coaches appointed by the administrator. All parties are entitled to be present and address the Review Board.

Athletes must understand that after the Athletic Review Board takes testimony they may:

A. Exonerate student athlete

B. Decrease penalty

C. Make no change

D. Increase penalty

A further appeal may be made to the Board of Education at their next regularly scheduled meeting. The appeal must be in writing to the Board President or District Clerk within three (3) school days of the Athletic Review Board's findings. The appeal must state the reasons for the appeal. The Board of Education's decision is final.

## Panama Central School Athletic Code of Ethics Pledge

For the Player:

I,

\_\_\_\_\_  
(Print Name)

### PLEDGE TO:

Always play by the rules.

Never argue with an official. When a call is disputed, I will let the coach or team captain handle it.

Remember that I am playing because I enjoy the sport. Winning is fun, but so are many other aspects of the sport.

Never berate my opponent or team member by trash talking, taunting or showboating.

Work at achieving my personal best and not get discouraged if it is not the best. There will always be players who are better and lesser than I am.

Show appreciation for good players and good plays, even those by opponents.

Control my temper and not show off.

Play fairly at all times.

I will follow the PCS Athletic Code and Code of Conduct.

I understand this pledge is in effect for all sports in which I will participate in for the 2023-2024 school year.

\_\_\_\_\_  
Student Signature

Date: \_\_\_\_\_

For the Parent(s):

I,

\_\_\_\_\_  
(Print Name)

### AGREE TO:

Remember young athletes should always play for their enjoyment.

Never argue with an official. When a call is disputed, I will let the coach or team captain handle it.

Provide plenty of encouragement to my young athlete because that's the best way to help him/her learn.

Teach my young athlete that honest effort is just as important as winning.

Remember that young athletes will only remember what we teach them. Fair play and good sportsmanship begin at home.

Applaud the efforts of players, coaches and officials.

I will avoid discussion with the coach directly before or after a contest.

Encourage sportsmanship like behavior. If I have any concerns I will schedule a meeting with the coach.

I will enforce the PCS Athletic Code and Code of Conduct.

I understand this pledge is in effect for all sports in which my child may participate in for the 2023-2024 school year

\_\_\_\_\_  
Parent Signature

Date: \_\_\_\_\_



## Parent & Athlete Concussion Information Sheet Signature Page



*I have read and reviewed the 2023-24 Heads Up Parent and Athlete Concussion Information Sheet and have been provided a copy of the aforementioned information sheet.*

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Athlete Name (please print)

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Parent Signature

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Date

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Athlete Signature

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Date

MUST BE RETURNED PRIOR TO COMPETING IN PANAMA ATHLETICS